



8 Steps to Initiating an OBE- William Buhlman shares some of his proven techniques including his "Early Morning Method."

by Leslie France

When Robert Monroe was alive, The Institute had no out-of-body courses in its catalog. ... During the twenty-two years since Bob's death in 1995, our culture has shifted, evolved, to the extent that people who now come to participate in consciousness exploration and development already understand that the OBE is a technique ...

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JUNE 17-23



What is an Out-of-Body Experience?

by Patty Ray Avalon, Residential and Guest Trainer, The Monroe Institute

Out-of-body experiences provide information that teach us about ourselves as multidimensional beings. The core of these experiences is self-awareness. They take us beyond the limited scope of our five physical senses, and open us to the higher dimensional aspects of ourselves.

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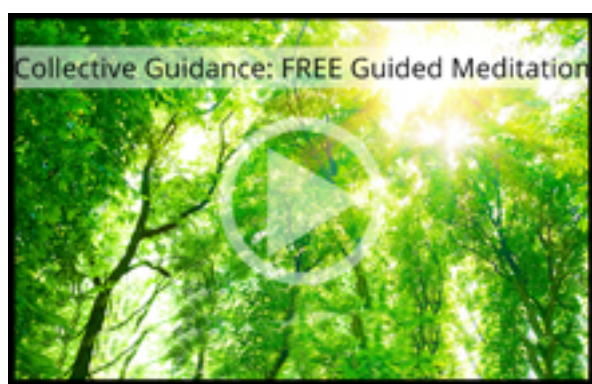
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